



A Light From Within Yoga Workbook and Journal

*A Personal Yoga Journey to Foster Greater Awareness
Throughout the Changing Seasons of Your Life.*

IS THERE A LIGHT WITHIN ME?

IN WHAT WAY DOES CONSCIOUSNESS EFFECT PERSONAL HAPPINESS?

HOW DOES THE CHOICE OF MY WORDS AFFECT MY ACTIONS?

WHILE I LIVE, TO A WHOLE DO THE NUMBERS IN MY HANDS ADD UP TO AN OVERALL THREATENING

By Miguel J. Larrondeau, ERYT
Foreword by Mary Farber, MD, RYT

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